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DEPARTMENT OF HEALTH IN MARION COUNTY TO HOST FREE FITNESS CLASSES

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OCALA, Fla.—The Florida Department of Health in Marion County is offering free fitness classes in December for residents. On Dec. 13 and Dec. 27 from 5:30 to 6:15 p.m., residents can participate in a full body fitness class and sculpt and tone through a combination of cardiovascular exercises and resistance training.

Each class will be held in the department's auditorium at its Ocala location (1801 SE 32nd Ave.) The classes are part of ongoing departmental efforts to help individuals lead healthy lives.

For more information or to participate, contact Jessie Driggers at 352-644-2624.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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